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Li

Xia

Li Xia: 7th Solar Term

'Summer Begins'

May 5, 2013

Sun = 45°

Li Xia occurs this year on May 5 and is known as '**Summer Begins**'. It is the seventh of the 24 Solar Terms which divide the year into 24 'terms' or seasonal markers. Based on the 360° passage of the Earth around the Sun, each term is 15° which translates into 15 days per term.

Li Xia begins as the sun reaches the celestial longitude of 45°. Spring goes away and summer begins. Temperatures steadily rise, thunderstorms along with rapidly growing crops occur in this time. The forests become thick. This period is good for the heart as it shows its most vivid power and functionality. Keep pleasure and ease both mentally and physically. Remember that grief and rapture are harmful to health and wellbeing.